

Mark Your Calendars

# StrongWomen, Stay Young

LIFTING WOMEN TO BETTER HEALTH



STRONGWOMEN

StrongWomen is a national fitness and nutrition program for women. The StrongWomen program will help you increase your strength, bone density, balance and energy. You will look and feel better. Staying physically active and being properly nourished are two of the most important things you can do to stay healthy for life. The strongwomen program has shown scientifically proven benefits for middle-aged and older women.

Enrollment is limited to pre-register for the StrongWomen classes starting in January in your area contact the local Extension Offices in Ada (337-2107) or Owyhee (896-4104)

## Ada County

**Orientation:** Wednesday, January 13<sup>th</sup> (required for new participants)

**Dates:** Monday and Wednesday, beginning January 18<sup>th</sup>

**Time:** 5:30-6:30 pm

**Location:** University of Idaho Ada Extension Office (5880 Glenwood Ave, Boise)

**Cost:** \$30.00 (12 sessions)

**Contact:** Marsha Lockard, 896-4104



## Owyhee County

**Orientation:** Thursday, January 7<sup>th</sup> (required for new participants)

**Dates:** Tuesday and Thursday, beginning January 12<sup>th</sup>

**Time:** 9:30-10:30 am

**Location:** University of Idaho, Owyhee Ext Office (238 8<sup>th</sup> Ave West, Marsing

**Cost:** \$30.00 (12 sessions)

**Contact:** Marsha Lockard, 896-4104

